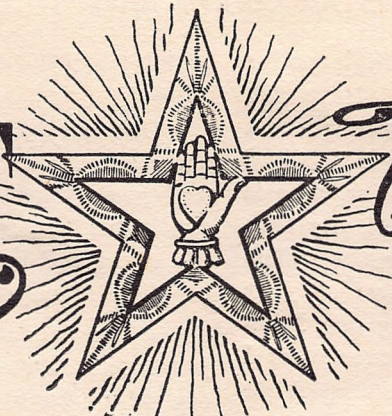


# STAR OF THE EAST



*A New Thought Journal issued monthly for the help of self and others by the practice of systematical concentration of mind; in Unity with the Universal Soul*

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NO. 5

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## WORRY, ITS CAUSE AND REMEDY.

In this issue we shall deal with ills which are universal and which have sent thousands to their graves before their time, and which holds the race in bondage and fear and causes all the misery which we have amongst us. These ills are worry, and we hope that our readers will follow us closely and take note of what we have to say on this subject. It is well known that worry eats up the body because it absorbs the vital life forces and it degrades the soul until there is neither hope nor faith, neither love nor honor, for all these attributes seem to disappear when people become victims to the terrible habit of worry. First it is against the law of life to worry, it is **unchristian, unmanly and unwomanly**, it is disgraceful to God, and it is a denial of His blessings; it is to deny Being, and to deny the spiritual power, and from every point of view it is infidelity to the devotion of principles, and not this alone, but it is suicide to self and to all opportunities to unfold, for it robs us of all the golden chances to express the Divine power which we have within.

The race have never thought the enormity of the crimes which have their origin in worry; and humanity sees not what a terrible condition this causes both for the race at the present time and to posterity, and it will not be known until the race become awakened to the frightful future which mothers prepare for their offspring by constant worry while the children are carried in the womb. Thousands of crimes are committed from this cause and thousands of souls are in darkness because the time has been taken up by this habit while they are in the body, and no time has been given them to rise where they could see the greater power over the conditions which have caused the worry.

It is readily seen if we stop to think that all pain and weakness of the body comes from worry, and it is kept up by worry, and people who are habituated to worry are mostly in all cases incurables.

It is not only a sin to worry, but it creates sickness in others with whom we come in contact. A cheerful face is sunshine wherever it is seen, and a long face is an affliction. Everything goes ill in hand to him who does not live in the sunshine of God, and every home where there is worry becomes a dungeon. One reason why people are in the habit of worrying is that they have been taught to "seek salvation with fear and trembling," and this has been so impregnated in us that we have made it a second nature which has led us into a habitual life filled with gloom, and the effects we see all around us. Experience teaches us that where there is fear there is weakness, and weakness can not be bodily only it becomes mentally also, and body and soul becomes enslaved.

Cheerfulness gives strength where gloom spreads pain, and it does not only affect ourselves, but everybody around us. When we learn to know God as he is we will see that it is not the will of God that we shall fear Him, but come to Him like children come to their father, not trembling, but in full confidence, and we shall find more happiness, strength and power than if we fear.

Worry is the beginning of Insanity in stronger and milder degrees, and a woman who is a victim to worry will be shunned by her friends and she will never be loved.

A man would never be "in love" for any length of time with a woman who always looks sad and weak, but if he ever was he will soon reason and feel that he can not live happily with her. Family life will soon become a burden to a woman whose husband always looks at the dark side of life, and she will become so affected by his complaints that she will sooner or later leave him and his surroundings, and many elopements, divorces, suicides and natural deaths have been caused by that terrible disease.

Religion as taught by Christianity is responsible for much of habitual worries, as it has taught us that suffering is the will of God.

People who have the least to worry over worry the most, and their temperament becomes so unsettled that they seek trouble in everything and everywhere, and they become so weak mentally that everything one says with the very best of motives offends them and "hurts their feelings;" they believe that everybody does them injustice and they think that they are talked about and imposed upon.

If there is such a place as "Hell" it is around such poor souls, for they draw to them everything

KINDLY READ THEN  
HAND TO A FRIEND



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low and weak, and they become mouthpieces for darkness and its most terrible power. Have you ever thought for a moment what the consequences of habitual worry are? Have you ever realized what you do to your offspring, my reader, who is or is to become a mother? Have you at any time understood that you are responsible for the sufferings, mental and physical defects, with which your child comes to this world? If you have not, I implore you to read and think carefully over what I am writing to you in this paper, and let me write upon the **tablet** of your **soul** and **mind** that it is not only a terrible habit and disease, but it is a crime and an imposition upon the bounty of physical and mental power which we possess, as it eats up the vital forces and holds body and soul imprisoned in darkness.

Many people worry to solicit sympathy; they are lonely and they long for love and affection, but they do not see that they drive it away from them by their irritable disposition. It is impossible for people who always complain and have long faces, finding fault with others, to be loved, as that would be to drive away the love which is trying to make its way into their souls; love attracts love, smiles attracts smiles, happiness attracts happiness, because it is the law that "all the world loves a lover," and all the world hates a fault-finder, because it knows consciously or unconsciously its own fault and wishes to hear that there is some good in it by which to countermand the weaknesses.

Do not whine and have a long face if you want sympathy, but smile and show hope in your face and others will become drawn to you, and you receive both sympathy and love.

Worry makes the home cold and dark, and when the father and husband returns from his day's work and finds it such, he is driven outside, and saloons will become his rendezvous; he will drink to kill his loneliness, and become a mental and physical wreck and bring poverty and death to his own. Worry draws the unconscious souls to us who have passed out from their bodies, and because of us being mentally weakened they take possession and all kinds of evil deeds which would not become surroundings to us were we individually balanced.

Worry brings age, wrinkles, rheumatism and cancer, as it eats up the tissues of the body and makes of beauties homely wrecks, who are hardly a shadow of their former selves.

A face which bears no smiles becomes hard and ugly, and one sees in it ignorance and lack of fine breeding.

A preacher who has a long and stern look in his face shows by that that he does not live the teaching he preaches to his congregation.

I visited a preacher in the little city of Bellingham in regard to missionary work while in that city one time, and he put an expression on his face like that of a despot instead of a minister of the Gospel, and by his appearance and words saying that "**he must be protected and could do nothing.**" He proved beyond a doubt to me that he did not live what he preached to his people, as his face did not bear one trace of the meekness of Christ, whom he is supposed to represent, but instead of that he looked untrained (spiritually and as far as life ex-

perience is concerned), coarse and void of real soul culture.

One can see at the first glance that this man has not peace within, and as soon as one (familiar with soul power) looks at his face, one knows that the **gentleness, love, brotherhood** and all which makes life sweet and beautiful, is unknown to him from a practical standpoint.

I take my meeting with this man as example to prove that love and confidence can not come to one whose countenance shows the reverse, and, it being the law that like attracts like, we should not ask for peace unless we give it.

Everybody shuns a face which does not look cheerful, gentle and kind, and people who put on a haughty and undue dignified expression, like the above mentioned preacher did, are not liable to have a very large circle of friends, nor will they enjoy much confidence among the masses.

We have often heard that "the face is the mirror of the soul," and we have found no saying more true than that, for people who worry are ill at ease and it is pictured in their faces, no matter how they try to hide it. Where there is freedom from worry there is **rest**, and such people live most of the time in the Divine reality, and they experience the peace which worry takes away, and it is stamped upon their features. I can not help but believe that the preacher of whom I have spoken above has his whole mind and soul upon the one subject, "how to keep his job and salary in his church, because his face showed it, and so it does show upon the countenance of everybody who has no higher motive, as they live in fear of losing all the time, and there is an underlying current of unrest in their souls. Live the higher life, let the love of Christ fill your lives, and you will know the wisdom which the soul can experience only in that way.

There is no remedy for worry other than to recognize the Divinity of God within, and also recognize that the Universe is ours, and that it has within it all the blessings which we need, no matter whether material or spiritual, and so live in calmness instead of worry, sickness and pain, and joy instead of despair, because when we live in the Divine fullness we become trusting, innocent, loving, and the happiness from the peace within makes our faces wreathed with holy smiles which will become like sweet sunshine to all with whom we come in contact.

Worry is the mother of disease, ignorance, superstition, fear and tyranny, and as we have stated above, we do not only suffer alone, but through our living in this we cause others to suffer.

I thank God that freedom knocks on the door and I am thankful that creeds and the selfishness which is back of them are beginning to lose their hold upon the souls of the race, and humanity is tearing itself away from this bondage and is rising in its might to see its redeemer, the **Christ principle in all things**, become manifested through the Jesus (matter) to liberate and lift the soul out of darkness.

Do not disgrace your soul and God by needless worry, but glorify them by childish confidence and trust. Do not send the Angels away from you by having a long and stern face, but let its beauty shine forth in Divine and gentle smiles. Do not sear



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your friends away from you by whining, but draw them to you by happy and brotherly greetings.

Do not allow yourself to become weak, worn out, wrinkled and ugly, but hold **Divine life, youth and beauty** in your mind, and everybody will love you and consider your presence an honor and blessing; as you will then become entertaining to them. Worry, sickness and ugliness belong to darkness, but peace, health, youth and beauty belongs in the light of the Soul.

### A VISIT TO THE HIGH PRIEST.

I will show that what all souls seek is peace personified. I cannot describe so clear that it will be fully understood by the physical mind, how wonderful it is to live in it if but for a few moments. When I say peace I mean complete peace, and as I travel through the different planes I see that every soul at different times add to it. My visit will be in the temple of knowledge this time, as I have been commanded to appear before the **High Priest** to receive the message of power to give to you.

As we glide along upon the clouds of freedom we see the struggle which souls make on all planes in order to reach the Temple of Knowledge, and we also see the vibrations emanating from the center where the temple is located. Do not forget that we speak in a universal sense and not in confinement. Was it not for the life vibrations which are sent from every soul, mind could not reach mind, nor could there be such wonderful blending between plane and plane as it now is; one would then never see such light in its vari-colored power as we see as we pass on on our way to the seat of power.

The farther we go the finer becomes the matter which is ready for us as bodies while we are visiting the Illuminates, and I wish to say to my beloved that it is the higher aspirations and a true life of soul-freedom which attract it to us.

We have been traveling very fast and we find ourselves in a most beautiful valley, where the flowers are rising toward heaven in profusion and with their beauty they smile as though they were holding communion with the Illuminated. Here is complete peace, and as the swiftness by which we travel becomes less, sweet music meets us and we are lifted again into the clouds sailing toward the mountains where we behold the most magnificent rays of light, and as we advance we see a temple built of crystal lit up by the rays of the minds of the people whose souls are sent there for understanding. We see that it is a center made by those whom understand the power of unity and that souls attract power from here by which to become more conscious of their lives as souls.

The closer we come to the temple the more we realize that we are not confined, but free, and we realize also that the power which we attract from the masters in this temple will make us more free to go wheresoever the soul is drawn. Wonderful peace pervades this neighborhood and everything is order and the love is so manifest that here is not a discord in nature nor in those souls whom we have met while traveling.

I wish to say that life is not confined to places, but it is principles, and as we understand this we will have more comfort and joy than we have had in the past.

We are escorted to the inner temple by the

guards and when we reach it we can see the thoughts in their vibrations from every soul, and there is uninterrupted communication with every plane and sun, moon and stars in bewildering manifold of colors lend a beauty to the whole which is beyond description. We are in contact with thousands of conscious souls and they come and leave constantly.

Beloved, as soon as you understand the law you will know that you are in constant contact with this multitude, who have reached the plane of the knowledge of their own consciousness.

As we are escorted to our places in this temple there appears a great light in the center, and as it develops in proportion we see souls materialize from it, and as we watch it there comes out of the flames the figure of a master arrayed in the most magnificent robes and he holds in his hand a staff surrounded by brilliant light in which we can read "High Priest," and he bows humbly to all those assembled, giving greetings, after which he is seated upon a dias and hosts of souls come from all directions.

As he opens his mouth to speak there emanates light from him which is sent forth in every direction, and to every center in the universe, and he speaks as follows, while pointing his finger to me and my companions: "Go thou, my beloved, who are messengers of many, cause it to be told to the links of the Mystic Chain that they are known by knowledge, and that the centers of knowledge send forth **life and light** to their souls; tell them from their brothers not to allow weakness to have the better of them, but to train their thoughts by their **will** to remain in the **finer cultivated and spiritual** vibrations, and they will grow stronger, finer, and life will not only be happier, but longer to them, in their physical forms, for to leave the forms while it is in the bloom of expression of strength is to violate the law of the power of self. Tell them to meet with us, tell them to leave that which belongs to the untrained and find rest with us in the expression of knowledge which leads to the consciousness of the undying life.

Tell them, my beloved, that their life can be a constant song, that they can know that which they believe they can not know while in the physical, tell them that they can be in company with Angels while they use the physical body, and know well the plane they are to live upon after they leave it. We meet with them many times a day for the purpose of helping and giving them strength; they must not recognize "evil," and by so doing sending our power away from them, but let it be known that that which is looked upon as "evil" **today** will be better looking tomorrow, as it has undergone changes by evolution toward its higher expression.

But we know that mind is constantly communicating with mind and as soon as this is understood every **link in the chain of life** will shine brighter tomorrow than it has done today, as experience is the greatest polisher of all. Give our greetings and tell all to met with us as often as possible, as they will receive **power, light, peace, wisdom, joy and individuality**. Peace be with thee." As the Master was giving this message heaven and earth responded in one united amen, while the power and light became greater than it had been before.

ALBA ODEGAARD.



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WE MUST LEARN TO SURRENDER OUR THOUGHTS AT LEAST ONCE A DAY TO OUR HIGHER SELVES FOR THE PURPOSE OF ATTRACTING POWER OF A FINER NATURE TO OUR BODY, IN ORDER TO REBUILD IT, AND SO REMAIN UPON THIS EARTH LONGER THAN WE CAN UNDER ORDINARY CONDITIONS.

SIT DOWN ONCE AT MIDDAY (BESIDES OUR MORNING SITTINGS) DURING THE WEEK, DIRECT THE THOUGHTS BY YOUR WILL UPON THE HIGHER LIFE AND TRY TO HOLD IT THERE AS LONG AS POSSIBLE. DO NOT TRY TO HAVE VISIONS, BUT LIVE AS THOUGH YOU DID NOT LIVE IN THE BODY. PRACTICE THIS IN THE MORNING BETWEEN 5-7, AND EVENING BETWEEN 9-11, AND LET THE BREATHING BE VERY GENTLE, NO HEAVING WITH THE CHEST. LET US REPEAT THESE WORDS BEFORE AND WHILE WE ARE SITTING DOWN: "I AM SPIRIT OF SPIRIT BY SPIRIT, MY LIFE IS THE EXPRESSION OF THE SPIRIT EVERYWHERE, AMEN."

WE WILL REMAIN SITTING 30 MINUTES IN THE MORNING AND EVENING, AND AT NOON 15 MINUTES. ALL THE DIFFERENT BROTHERHOODS IN AND OUT OF THE BODY WILL MEET THE CHAIN WHEREVER IT IS IN THIS LESSON, FROM NOVEMBER THE 12TH TO DECEMBER THE 12TH. LET NO ONE MISS IT, BUT LET US MEET IN THE HEAVENLY BATTERY OF LIFE FAITHFULLY, AND WE WILL RECEIVE WONDERFUL POWER.

### QUESTION BOX.

Q.—Can you tell me if it is possible to live without washing, as I read in the Examiner the other day that a man is doing? **F.**

A.—Yes, we can, as it has long been an established fact that washing the skin with **water** and **soap** makes it dry, because the oils are washed away from the body. Cleaning with **ointments** restores and preserves the **vital forces** and retains youth.

Q.—How can I prevent seeing ugly visions? **Esther.**

A.—By freeing yourself from worries of all kinds and resting in perfect surrender to the spiritual self.

Q.—How can I prevent seeing my stepmother after I have gone to bed. It annoys me, as I could never like her while she lived? **Lou.**

A.—My sister, it ought to teach you a lesson that 'you see your stepmother, and that you did not like her while she held her body' is the reason why you do see her at the times you say. Peace with all the world is the only condition under which we can unfold. Make peace with her, yourself and everybody else; and you will not be annoyed.

Q.—Is it true that the soul is in sleep after it has left the body? **Y.**

A.—That depends upon its unfoldment while it inhabited the body.

Q.—Must we change our material conditions in order to grow spiritually and live by ourselves and face the uncertainties of life? **Olla May.**

A.—My beloved sister, you ask a question which can hardly be fully answered in the Question Box, but we will say it depends upon what conditions materially you live in. If they are such as to rob your soul of its growth, then it is for you to judge

whether you can sacrifice that for the sake of material things, relations or what it might be to hinder your soul unfoldment. The soul is greater than everything else.

Q.—Would we need to die at all if we understood the law? **Milton.**

A.—My dear brother, we would not need to pass out of the body as now is the case if we understood that the law provides a constant exhalation from the body of the used up matters, and inhalation of **new** matter by which the body is constantly rebuilt, to go on and go on as long as the **will** of ours provide it to do so.

Q.—Is the soul like a breath without matter, or does it have matter around it when it leaves the body? **Joseph.**

A.—The soul is never without matter. When it leaves the body it takes with it the finer matter (magnetism), which attract to it a material body on another plane, the matter being as the plane is into which the soul goes by attraction, according to the law of evolution.

Q.—Is it in harmony with the law that we should lavish all our love upon one or a few of our own and on no one outside of them? **Kate.**

A.—No, sister, no. We must learn to love universally and when we understand that all mankind is our brother we shall love and be loved by the whole human race.

### ANNOUNCEMENTS.

Beloved, could you realize the importance of your soul's unfoldment and the help that we can bring to you, you would not wait like you do to subscribe for our paper and its supplement. New lessons are given to us for each time we meet, and if you do not use them it will be your own loss. We are facing a most terrible time and confusion, and we need to unite to help one the other, and the only help we can have is **mental help**, as the material is the subordinate to the main power, which is the mind. Our supplement will be of vast help to us, as it will teach us **where we stand as souls**, and on what plane we are on in the evolution.

In the **name** of the **Master power**, I call upon you to do all you can for **yourself** and others, to awaken them as to the conditions which we are facing and which are sure to come in due time.

We can help you. Will you let us? Can you sacrifice great knowledge in order to keep a poor piece of metal, \$1? And when I ask this question, I wish to say we are not in this work for money, but for the good we can do, as we have at no time had the expenses paid for the paper nor for the supplement, but we take out of our class work to defray the expenses of its printing, as that way only can we reach those who are willing and ready to follow us on the beautiful path of unfoldment. I ask of you whose subscription is ended to **renew it at once**, and wonderful help will be given to you. Our supplement will be bound each lesson and give us understanding which we can not give otherwise. Do not forget that you cannot afford to miss this knowledge, as it will bring more light to your soul than it has had before in the present body.

We are preparing to leave the U. S. next year for a time, and we will begin a sale of our books at reduced prices in the month of December. Our **Breathing Illustrated Book**, "Bodybuilder," twelve illustrated lessons, will be sold at half price, \$2.50, regular price \$5.00, from the 15th of December; lessons in mind culture, \$1.25, regular price \$2.50. A Soul's Travel Among the Flowers, \$1, regular price \$1.25.

For information regarding remedy and books write to the **Star of the East**, P. O. Box 1340.

THE EDITOR LECTURES

Sun 11 AM and 8 PM Mon. and  
Fri. 8 PM Thurs. 3 PM. AOUW.  
Hd' Washington Bet. 10th & Park